

What Teachers Breakfast?

- "Students are more alert and perform better in class when they eat breakfast."
- "Students who come to school hungry have more problems with irritability, anxiety and aggression."
- "Students who eat breakfast make fewer visits to the nurse's office."





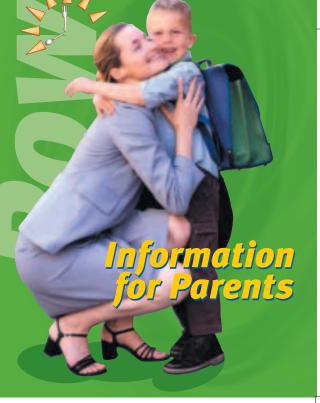
- Blueberry Muffin
- Scrambled Egg
- Fresh Fruit Cup
- Milk

- Turkey Sausage **Biscuit**

• Pineapple Tidbits

- Milk
- Orange Juice
- Choice of Cereal
- Bagels, with low-fat cream cheese
- Milk
 - Breakfast Burrito with Salsa
 - Sliced Kiwi
 - Milk
- Fruit Kabob with Yogurt/Granola **Topping**
 - Choice of Cereal or Biscuit
 - Milk

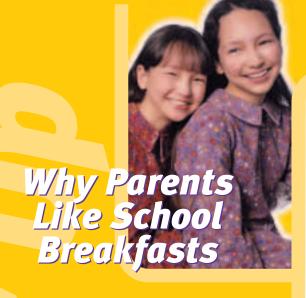








- contains the "power" kids need by providing at least ¼ of key nutrients needed by a growing child
- meets the U.S. Dietary Guidelines 30% or less of calories from fat and less than 10% from saturated fat
- is generally planned locally to meet the specific needs of the community
- is popular with kids—over seven million kids eat breakfast at school every day



- ...mornings at our house are too hectic for my kids to eat before school
- ...my kids are not hungry when they get up so they get to eat at school



-I feel better knowing my kids will get breakfast at school
- ...school breakfasts are reasonably priced
- ...just like school lunch, breakfasts are available free or at a reduced price, if my child is eligible

play an important role in making sure that you and your kids eat a healthy breakfast every day.

Need More Information?

- call or visit your local school for menus and meal charges
- eat breakfast at school with your child one morning
- talk to parents that have children who eat breakfast at school
- contact your school district

For more information visit our Web site at: www.fns.usda.gov/cnd

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